

3rd Wing, 11th Air Force earn Outstanding Unit Award



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PHOTO BY TECH. SGT. KEITH BROWN



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Mount Augustine spews steam and ash

By Master Sgt. Tommie Baker
3rd Wing Public Affairs

The Mount Augustine volcano, located approximately 180 miles southwest of Anchorage, began recording seismic signals Wednesday interpreted as explosions at the summit that marked the onset of an eruption. The current activity is emitting ash, steam, and volcanic gases.

The National Weather Service has indicated that prevailing winds could change. If this change in prevailing winds is accompanied by a significant eruption, ash could be carried into the upper Cook Inlet area, including the Anchorage area. However, there is currently no threat of ash fall in the Anchorage area from these eruptions.

Scientists at the Alaska Volcano Observatory noticed the rates of earthquake occurrence increased slowly from an average rate of one to two per day in early May, to three to four per day in October and 15 per day in mid-December. In early and mid-December, a number of small steam explosions were recorded by seismic instruments on the volcano.

Unrest continues to escalate, and may culminate in an eruption that is similar to those that occurred in 1976 and 1986.

Depending on the prevailing winds, such an eruption would likely spread volcanic ash throughout and perhaps beyond Cook Inlet.

In any case, it is necessary to prepare for an eruption and be aware of the steps to take in anticipation of an ash fall.

The following are some items you may need for your home, automobile and workplace:

■ **Home:** National Institute for Occupational Safety and Health-approved N-95 dust respirators, two weeks of non-perishable food, one and a half gallons of water per person per day, first aid kit, radio with extra batteries and a fire extinguisher.

■ **Auto:** NIOSH-approved N-95 dust respirators, glasses to replace contact lenses, blankets, fire extinguisher, extra clothing, emergency food rations, first aid kit, flashlight with extra batteries and bulbs, shovels, matches, candles/flares, and extra windshield washer fluid and wiper blades.

■ **Work:** NIOSH-approved N-95 dust respirators, large plastic bags to protect office equipment, medication, shovels, gloves and eye protection.

The following are some ways to prepare during and after an ash fall.

■ **During an ash fall:** don't attempt to pick up your children from school, unless directed; stay indoors and don't drive unless necessary; close doors, windows, and dampers; avoid burning wood stoves or fireplaces; don't run exhaust fans or clothes dryers; and cover and don't use personal computers.

■ **After an ash fall:** remove accumulations of ash from flat/low pitched roofs and rain gutters; dampen ash when sweeping to avoid raising dust; shake and presoak clothes and use plenty of water and detergent; change your automobile's oil and air filter; and limit outdoor activities of children and pets until ash dust is no longer evident.

For more information, visit www.avo.alaska.edu, or from a government computer: <https://portal.elmendorf.af.mil/units/3MSG/3CES/CEX/FSTR/FSTRInformation/default.aspx>.



Airman 1st Class Demarcus Lockett, 3rd Component Maintenance Squadron, was dispatched to assist the 12th Aircraft Maintenance Unit avionics specialists during the repair of a converter programmer. He replaced a damaged component saving \$17,500 in repair costs and prevented potential Foreign Object Damage to an F-15C aircraft. In addition, while calibrating the F-15 Electronic System Test Set, he isolated and replaced a faulty receiver. His actions allowed calibration completion and restored full capability to test 41 aircraft avionics units.

1st Lt. Matthew Horner, 517th Airlift Squadron, demonstrated superior performance when he volunteered to plan, organize, and execute the 517th Airlift Squadron's 2005 Christmas party. He led a 15 person staff and provided food, family entertainment, and camaraderie for 200 squadron members. Lieutenant Horner worked more than 100 hours planning the squadron's "Top MWR event of the year" and his efforts were lauded by the squadron commander as the "best ever."

Master Sgt. Eric Johnson, 3rd Operations Support Squadron, identified nine failing barrier pads on runway 06. Upon discovery, he quickly suspended runway operations and coordinated repairs with the 3rd Civil Engineer Squadron. His timely coordination with the contract management office facilitated necessary repairs without incurring additional costs; saving the 3rd Wing more than \$50,000.

Senior Airman Matthew Mayo and Airman Randal Kylo, 3rd Contracting Squadron, volunteered to work overtime to help the 3rd CONS complete a 100 percent automated data processing equipment inventory. Their efforts were a significant contribution in locating, accounting for, and updating their inventory in preparation for an upcoming ADPE staff assistance visit and the unit compliance inspection. Fifty five offices were inventoried, with an estimated equipment value of \$95,000.



Brig. Gen. Hawk Carlisle
3rd Wing commander

Do you have a problem you can't seem to get solved? Would you like to recognize someone for a job well done? The commander's action line is your avenue to communicate your questions, comments and concerns directly to the commander, Brig. Gen. Hawk Carlisle. Your calls will get the commander's personal attention and be answered in a timely manner.

If you have a question, call or e-mail the action line at:

552-2224
actionline@elmendorf.af.mil

The following commanders stand ready to help you and can answer the majority of your questions. If they can't help, then please call the Action Line.

Key phone numbers:

Col. Mike Hass, 3rd CES/CC
552-3007

Lt. Col. Mark Allen, 3rd SVS/CC
552-2468

Lt. Col. Brett Meyer, 3rd SFS/CC
552-4304

Resident questions base newspaper delivery

Q: First let me say that I live in base housing.

I do not know who delivers the base paper but they waste so much paper by the way they deliver it.

Most of the time it seems like they just drive by, stick their hand out the window of their vehicle and let go of the paper.

When it rains the paper gets so wet you cannot even touch it without it falling to pieces (yes they put them in bags but that only helps if it was completely sealed) and when it snows it gets covered by the snow and by the time you find it, the paper is almost as bad as it is when it rains.

Why is it the people who deliver the paper cannot get it up against the door of the house where it can stay dry when it is raining or snowing?

A: Thank you for bringing this matter to our attention. Our publisher, Anchorage Publishing, Inc., has spoken with the distribution manager and reiterated that each copy of the *Sourdough Sentinel* must be, by contract, 1) delivered in a plastic bag to protect it from the elements and, 2) left within 15 feet of each home's doorway or the garage.

It's important to us that the *Sentinel* be delivered dry, intact and close to each home's doorway.

We have asked our delivery personnel to attempt to put the *Sentinel* closer to the door, under shelter, in the event of inclement weather. Should you have any further problems with the delivery of the *Sentinel*, please contact the Public Affairs office at 552-2493 or 552-8941.

View the *Sourdough Sentinel* online at
www.elmendorf.af.mil/3Wing/Units/PA/Webdocs/Sourdough.htm.

Sourdough Sentinel

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The deadline for article submissions to the *Sourdough Sentinel* is 4 p.m. Friday. Articles will be published on a space-available basis and are subject to editing by the *Sourdough Sentinel* staff. Submission does not guarantee publication.

For more information, call the *Sourdough Sentinel* office at 552-2493 or 552-8941, e-mail: sourdough.sentinel@elmendorf.af.mil, fax us at 552-5111, or write to us at: 3rd WG/PA, 10480 22nd St. Ste. 119 Elmendorf AFB, AK 99506

3rd Wing Moment in History

Jan. 13, 1933:



Captain Hugh M. Elmendorf died near Wright Field, Ohio, while test flying a Y1P-25 twin-seat fighter. The air field under construction near Anchorage was named for him 1940.

12th CMSAF visits for Chiefs' Recognition Ceremony

By Senior Airman Jared Marquis
3rd Wing Public Affairs

Only 14 people have been the chief master sergeant of the Air Force. One of them visited Elmendorf Jan. 6.

The 12th Chief Master Sgt. of the Air Force Eric Benken, was the guest speaker at the Elmendorf 2006 Chiefs' Recognition Ceremony. He also had the chance to visit with the new chiefs throughout the day.

Chief Benken said he talked to the new chiefs about the process and development of the top 1 percent of enlisted members in the Air Force, as well as "... the importance of their role today in the AEF environment and the war on terrorism." He also told them that "... being in the top 1 percent of the [enlisted] Air Force is not only a great honor but comes with a tremendous amount of responsibility.

"When I first came in the Air Force, I figured I would be like anybody else and do my four years of service to my country, and then I would go off and work in a factory somewhere. It was Chief Master

Sgt. Louis J. Lee, who sat me down on the eve of my departure from the military and reminded me of some things that were more important in life than going back to Ohio to work in a factory. If it hadn't been for him, I wouldn't have stayed," he said.

But, that is one of a chief's responsibilities, said Chief Benken.

"When you put on chief," he said. "It's like wearing a diamond as a first sergeant, when somebody looks at that chief stripe, they don't see a functional badge, they don't care what your career field is; they just know that you're a chief," he said.

Because of this, the chief said there are certain expectations and part of those expectations is to be a role model and mentor, and to guide young people through their Air Force careers.

The chief also said the Air Force is a team, and like any other team; its success depends on the success of the people.

"I think there are three keys to [a successful career]," he said. "First of all is fundamental discipline, never forgetting what you learned in Basic



PHOTO BY STAFF SGT. DAVID DONOVAN

The 12th Chief Master Sergeant of the Air Force Eric Benken lights eight candles, symbolizing the eight stripes of a chief master sergeant. The new Elmendorf chiefs stand in the background.

Military Training and expanding on those ideas and those concepts. Second, is setting a high standard for yourself and setting a high standard for people who work for you. Finally, trying to do the best that you can every day by coming to work with a positive, motivated attitude, and realizing that whether you're an airman basic or a four-star general, you have ownership of your unit, you are part of that unit and you have an obligation to do your best and make that unit better. And as you make that unit better, you make yourself better," he said.

Chief Benken credits these three keys to his successful career.

"People have asked me, 'How do you become a chief?' or 'How do you become the chief master sergeant of the Air Force?' I tell them that I never forgot what I learned in basic training. The basic military training experience is a great experience; you take people from all walks of life, short, tall, white, black, it doesn't matter; they level the playing field and everybody becomes a trainee. You go through that process of learning teamwork, learning how to be on time, how to

wear your uniform properly, salute, all of the things that go with being a member of the armed forces. And if you continue to focus on the basics and fundamentals, you'll do well," he said.

"It's very similar to a basketball team or a football team, the team that constantly reinforces the fundamentals, is the team that is going to be successful."

The chief, who said he still has a day job, manages to make multiple visits to installations around the Air Force every year and said the opportunities wouldn't be there if he hadn't been CMSAF.

"As a former [CMSAF] you get invited to do Airman Leadership School graduations, [PME] graduations, award ceremonies, chief recognition ceremonies and things like that. And, there's nothing more fulfilling than to go back and be with the military and travel around and watch the troops do what they do," Chief Benken said. "It's amazing to watch the commitment and excitement of young 18- or 19-year-old troops. It's a continuous thrill and is something that I am very fortunate to have the opportunity to do."



PHOTO BY AIRMAN 1ST CLASS GARRETT HOTHAN

The 12th Chief Master Sergeant of the Air Force Eric Benken speaks to students at the Professional Military Education Center about leadership responsibility and experience.



PHOTOS BY STAFF SGT. SUELLYN NUCKOLLS

Time to party

Above: Airman 1st Class Michael Schwind, 3rd Logistics Readiness Squadron, plays in the Texas Hold 'em tournament Jan. 6 at the Igloo, located between the Polaris and Yukla dorms. The chapel and Armed Services YMCA sponsor a weekly event for Senior Airmen and below, which gives them other options on Friday nights, said Chaplain (Capt.) Matthew Boyd, 3rd Wing Chapel.

Center: Airman 1st Class Dan Loose, 3rd Communications Squadron, plays a round of air hockey at the Airmen's event.

Right: Senior Airman Dan Scheu, 381st Intelligence Squadron, plays a round of pool at the event. The event includes free food and drinks, pool, ping pong, video games and weekly prizes. There is also a big monthly prize, said Chaplain Boyd. "We gave away an Xbox 360 last Friday," he said. For information, call 552-4422.



Wing, NAF earn award

By Staff Sgt Francesca Popp
3rd Wing Public Affairs

Members of the 3rd Wing and 11th Air Force can add another ribbon or device to their rack. The wing and Numbered Air Force earned the Air Force Outstanding Unit Award for the period of Oct. 1, 2003 to Sept. 30, 2005, according to an e-mail Gen. Paul Hester, Pacific Air Forces commander, sent Jan. 4. During this time, Arctic Warriors led the charge in cutting-edge technology demonstration, and tactical development and employment. The wing became the first to use satellite guided munitions against mobile maritime targets during the Secretary of the Air Force-directed exercise Resultant Fury. It was also the lead unit during exercise Cope Sands. During Cope Sands, the wing used the first over-land Weapon System Evaluation Program in a decade and tested the joint Fighter Data Link with the Army for the first time. The wing also remains the only active-duty unit in the Air Force with continuous Operation Noble Eagle alert commitment. In addition, while deploying people and assets non-stop for the Global War on Terror, the wing also managed to save lives by deploying

for the Tsunami relief in Indonesia, ace several inspections with “Excellent” and “Outstanding” ratings, and implement money-saving ideas in all fields. The NAF, during Operation Northern Denial-7, scrambled fighter, tanker and Airborne Warning and Control System aircraft, resulting in the first intercept of TU-95 Bear bomber in 10 years. This mission helped assess the scope of the Russian Far East Exercise Security in February 2004. Each squadron at Elmendorf played a role in the mission to earn this award. The AFOUA is awarded by the Secretary of the Air Force to units which have distinguished themselves by exceptionally meritorious service or outstanding achievement that clearly sets the unit above and apart from similar units, the services include: performance of exceptionally meritorious service, accomplishment of a specific outstanding achievement of national or international significance, combat operations against an armed enemy of the United States, or military operations involving conflict with or exposure to hostile actions by an opposing foreign force. Airmen who were assigned to these units for at least one day during the award period may wear the AFOUA ribbon.

3rd SFS troops keep AOR secure

By Capt. Eric Badger
379th Air Expeditionary Wing Public Affairs

Practice makes perfect. For members of the 3rd Security Forces Squadron deployed to this Southwest Asia location as part of the 379th Expeditionary Security Forces Squadron, this statement is the underlying theme of every training mission they execute. Squadron members recently completed a 10-day combat training exercise. The training system allowed the members to use non-lethal ammunition to prepare for real-world incidents. Complete with the latest technologically advanced training equipment, the exercise included weapons firing, Improvised Explosive Device searches and the proper use of cover and concealment and communications in a hostile environment. “The best thing you can compare it to is paintball with a lot more velocity,” said Staff Sgt. Scott York, 379th ESFS training NCOIC, deployed from Elmendorf. “It provides the realism to the training. This exercise is the first of its kind here and required seamless teamwork and extreme focus. From IED searches to handling hostage situations, sound tactics and communication are vital.” Lives ultimately depend on the training each security forces member receives, according to Senior Airman Charles McDaniel, 379th ESFS Tactical Automated Security System administrator, also deployed from Elmendorf.

“When you’re in the heat of a real-world battle, your preparation will be the deciding factor between success and failure or even life and death,” he said. “This training allows us to use the tools we work with on a daily basis and apply them to real-world situations. Our career field is called upon to provide detection and deterrence at a moment’s notice. We are the first line of defense, and we take that obligation very seriously.” According to Staff Sgt. Cory Wilde, training and resources NCOIC, success only comes to those who prepare for it. “The training we are providing to our folks is priceless,” said the sergeant, deployed from Elmendorf. “By consistently challenging our folks mentally and physically, we ensure that every individual is trained on the current equipment, tactics, and procedures to maintain the best war fighting abilities possible.” Building confidence and pride within his fellow security forces members ultimately increases the morale and productivity of the squadron, said Sergeant Wilde. “My favorite part of this job is instructing young and old alike,” he said. “Watching those I’ve instructed grow and mature in the career field is a joy for me. This team is my family away from family. I even have a couple who call me ‘Dad’. I couldn’t be prouder of their accomplishments and the dedication they bring to the fight.”

Base theater closes for interior makeover

By Staff Sgt. Francesca Popp
3rd Wing Public Affairs

Elmendorf's Talkeetna Theater will show its last movie Sunday, at least for awhile.

The theater, at 7122 Fighter Dr., will close Jan. 23 for about 12 weeks while Winsor Construction, Inc., renovates the interior.

The 1950s-era theater will get an updated look to include new seats, floors, wall covering and lighting. The ceiling will receive a fresh coat of paint and the stage will be refinished. Besides the interior, the building's exterior and entrance will also be enhanced to reflect an Alaskan architectural theme. The exterior project is scheduled to begin this summer.

The 3rd Civil Engineer Squadron Engineering Flight, in conjunction with the Army and Air Force Exchange Service, is overseeing the remodel.

"The renovation will dramatically improve the theater's outdated aesthetics, with fresh, new color-coordinated finishes," said Andrew Stavich, 3rd CES architect and project manager. "The renovation will also create a more comfortable environment with new reclining, Temper-Pedic cushioned seats. The renovation will improve the theater functionally as well, with new,

improved lighting providing a better and brighter environment for reading, writing and note-taking."

In addition to those upgrades, AAFES will also improve the concession stand by installing new equipment and expanding the menu choices. A new state-of-the-art surround sound and projection system will also be installed while the theater is closed.

"A quality sound system is an integral component of movies these days," said Hector Ortiz, AAFES food court and theater manager. "AAFES wants the [base] community to be able to enjoy them with the same quality they get downtown. At the same time, the projectors will be renovated and brought up to today's standards."

Movie goers will be able to see the screen better because the number of seats will decrease.

"Fewer seats will result in a better viewing experience," Mr. Stavich said. "The number of theater seats is decreasing from 1,000 to 733 seats, allowing greater aisle width, increased knee space, and improved sight lines."

Mr. Ortiz agreed and said the renovations will make the Talkeetna Theater more competitive with off-base venues.

"We hope that a clean, renovated theater with high-quality sound and

picture quality at a convenient location and at very competitive prices will encourage our members to use the theater," said Mr. Ortiz. "It's important that we use the Airmen's money wisely and making these improvements is what the community has asked for."

The exterior project will enhance the facility's appearance, provide landscaping improvements, and create an inviting environment to watch a movie, according to Mr. Stavich.

"What was once an eyesore, will now be a modern, state-of-the-art theater that will provide an attractive and comfortable atmosphere which rivals the downtown theater experience," Mr. Stavich said.

Mr. Ortiz added, "Once this project is complete, the theater will provide another avenue to relax and enjoy a low cost movie in a modern and clean facility that this base will be proud of."

Arctic Warriors should be able to see the more than \$550,000 interior renovations completed by mid-April.



PHOTO BY STAFF SGT. FRANCESCA POPP

A sample of the new seats that will be installed during the Talkeetna Theater renovations. The new seats will recline, have cupholders and movable arm rests.



TSP enrollment change

The Thrift Savings Plan no longer has percentage limits for contributions. Members may contribute up to \$15,000, the full amount allowed by the Internal Revenue Service.

For more information, visit www.tsp.gov/rates/fundsheets.html.

SNCO Academy extension request

SNCOs enrolled in the SNCO Academy course 12 must now request extensions directly through the help desk at the Air Force Institute for Advanced Distributed Learning.

To do this, go to www.maxwell.af.mil/au/afiadl/main.htm, select customer support, then select “Ask a question/request.”

Palace Chase

The Palace Chase program allows eligible individuals to apply to separate from active duty to join the Air Force Reserve.

Anyone interested in Palace Chase should contact Master Sgt. Bryan Schexnayder at 552-3595.

Remove name from credit lists

Log on to www.OptOutPre-screen.com and follow the directions to remove your name from preapproved and prescreened credit or insurance lists. Under the Fair

Credit Reporting Act, the Consumer Credit Reporting Companies are permitted to include your name on lists by creditors or insurers to make offers of credit or insurance. The FCRA also provides you the right to “opt out”, which prevents Consumer Credit Reporting Companies from providing your credit file information for offers of credit or insurance that are not initiated by you.

For information, call the Legal Office at 552-3048.

DeCA scholarship available

The Elmendorf Commissary has applications for the Scholarship for Military Children. Applications must be turned in by Feb. 22.

For information, visit www.militaryscholar.org or call 580-4425.

Home buying seminar

The Elmendorf Housing Office offers a home purchasing seminar at 1 p.m. Feb. 6 at 6346 Arctic Warrior Drive. The class lasts two to three hours.

Seating is limited.

For details or to make a reservation, call 552-4439 or 552-4328.

BAH differential ends

As of Dec. 31, Basic Allowance for Housing differential is eliminated for members who do not reside in the dorms. Members

receiving single rate BAH and the differential will have their entitlements changed to the BAH with dependants rate.

For information, call 552-5212 or e-mail 3cptsfso@elmendorf.af.mil.

Honor Guard training class

The Elmendorf Honor Guard is conducting a training class Monday-Friday.

Anyone interested in joining the honor guard should call Staff Sgt. Michael Leonard at 552-2252.

Transition Assistance Seminar change

The Force Shaping Transition Assistance Seminar has been extended an additional half day. This is to allow for a detailed Veterans Administration Benefits briefing on Feb. 3. The seminar dates are now Jan. 31-Feb. 3.

If you are potentially affected by Force Shaping call the Family Support Center at 552-4943 to sign up for this seminar.

Elmendorf passes extended

Due to a shortage of Air Force Registered Vehicle Expiration Stickers, Elmendorf and Ft. Richardson officials have extended the grace period for all 2005 year stickers issued by Elmendorf until Jan. 31.

The Pass & Registration office is waiting for the shipment of its requested allocation.

For more information, call Staff Sgt. Rodrica Brown at 552-5665 or Staff Sgt. Starr Haywood at 552-5988.

Free movie

The Armed Services YMCA will sponsor a free movie at 2 p.m. Saturday at the Talkeetna theater. The movie will be “Harry Potter and the Goblet of Fire.”

Active-duty members and military families can pick up tickets at the central office at 7179 Fighter Dr.

For more information, call Taryn Perez at 552-9622.

Military OneSource

Military OneSource is a Department of Defense contractor who provides information, referral, and short-term counseling to all active duty military members.

This service provides face-to-face individual, couple, and family counseling with a civilian mental health provider to address issues that can be resolved in six sessions.

Military OneSource, like military providers, has limits to confidentiality and is required to notify local military and civilian authorities in cases of danger to self or others, abuse, or conditions interfering with flying, Personal Reliability Program, or weapons bearing duties.

For more information, call Military OneSource anytime at (800) 342-9647.

Self Defense Class

The Youth Center is offering a self defense class from noon-2 p.m. Feb. 4 at the Youth Center. The class is called “Self Defense Key Chain,” and participants will receive a key chain to keep.

The class is for ages 12 and up and costs \$35 per person. Anyone interested can register and pay at the Youth Center

For more information, call the Youth Center at 552-2266.

AAHC cake cutting

The African-American Heritage Committee will have a Martin Luther King, Jr. cake cutting ceremony at 11 a.m. Monday at the Joint Military Mall food court. Taj Showalter, Muldoon Honor Choir, and the Anchorage Elementary School District Choir will perform.

For information, call Tech. Sgt. Millicence Gordon at 552-0543.

Free Turbo Tax

Beginning Monday, TurboTax will be available at no cost to servicemembers at the Military OneSource Web site at www.militaryonesource.com. This program is provided by the Department of Defense.

To access your 2005 W-2 online after Jan. 21, visit myPay at <https://mypay.dfas.mil/mypay.aspx>.

Free tickets

The University of Alaska Anchorage is hosting its final Military

Appreciation Night at 7 p.m. Jan. 28 at the UAA-Denver hockey game at the Sullivan Arena.

Tickets are available on a first-come, first-served basis in the UAA Office at the Education Center, 4109 Bullard Ave. The UAA Office is open 8 a.m.-4 p.m. weekdays.

For information, call 552-9475.

Aurora Housing Office

Aurora Family Housing Management Facility, Bldg. 6350, is located next to the 3rd Civil Engineer Squadron Housing Flight to better accommodate on-base tenants.

The phone numbers are:
Customer service desk, 753-1023
Quality control, 753-1091,
Maintenance, 753-1051
U-Fix-It Store, 753-9070.

The office hours are 8 a.m.-5 p.m. weekdays and 10 a.m.-4 p.m. Saturdays.

Ramstein claims information

The German Police are investigating some movers that worked for Gosselin. If you PCS’d to or from Germany between the years of 2000 and 2003 and noticed items missing, go to www.ramstein.af.mil/theftpage.htm click on the photo number and description and a picture will show up.

If any of the items belong to you email the photo number to jenifer.martinez@ramstein.af.mil.

Proof of ownership and any claims information will also have to be provided.



Chapel Schedule

Catholic Parish
■ **Monday through Wednesday and Friday Mass:** 11:30 a.m. at the Chapel Center
■ **Thursday Mass:** 11:30 a.m. at the Hospital Chapel
■ **Sunday Mass:** 10:30 a.m. at Chapel 1
■ **Sunday Evening Mass:** 5 p.m. at Chapel 2
■ **Confession:** 4:30 p.m. Sundays at Chapel 2

Protestant Sunday
■ **Liturgical Service:** 9 a.m. at Chapel 2
■ **Celebration Service:** 9 a.m. at Chapel 1
■ **Gospel Service:** noon at Chapel 1
■ **Fellowship Praise:** 6 p.m. at Chapel 1

Religious Education
■ **Catholic Religious Education:** Sunday at 9 a.m. at the Chapel Center.
■ **Protestant Sunday School:** 10:30 a.m. at the Chapel Center.

For more details, call the Chapel at 552-4422.



Top left: Lt. Col. (Dr.) Michele Prevost, 3rd Medical Operations Squadron orthopedic surgeon, straps booties on a member of her dog team before the Knik 200 Sled Dog Race. The race was the first for Colonel Prevost, who got hooked on the sport last summer. The dogs are part of Maj. (Dr.) Tom Knolmayer's team, which took him from Anchorage to Nome, Alaska during the 2005 Iditarod, a 1100-mile sled dog race, held in March. Colonel Prevost completed the 200 mile race in 29 hours, 5 minutes and 51 seconds, including a six-hour mandatory rest for the dogs.

Right: Major Knolmayer, 3rd MDG chief of surgery, starts the race. Major Knolmayer and his nine-dog team finished the 200 mile race in 25:43:25. He was the only active duty military member to compete in the 2005, 1,100 mile Iditarod Sled Dog Race and hopes to compete in the race again this year.

Above: Sled dogs get excited prior to the start of the race.

Arctic Warriors race dogs in Knik 200

By Senior Airman
Jared Marquis
3rd Wing Public Affairs

Two Arctic Warriors braved the elements in one of the first sled dog races of the year.

Maj. (Dr.) Tom Knolmayer, 3rd Medical Group chief of surgery and Lt. Col. (Dr.) Michele Prevost, 3rd Medical Operations Squadron orthopedic surgeon, competed in the Knik 200, a 200-mile round-trip sled dog race in Knik, Alaska, Saturday and Sunday.

"It was a good race," said Major Knolmayer. "The dogs did well, but the warmer temperatures slowed us down."

For Colonel Prevost, this was her first experience in a sled dog race.

"I was anxious and very nervous before the race, but I am happy it went as smoothly as it did," said Colonel Prevost.

Colonel Prevost got involved with Major Knolmayer's team in 2005.

"For the last year, she has helped me train the team for the upcoming Iditarod," Major Knolmayer said. "This has cut my training time in half."

Before Colonel Prevost's help, Major Knolmayer spent six to eight hours a night train-

ing his dogs. Now that she is involved, she trains half of the team while he trains the other half, the major said.

In addition to helping Major Knolmayer, Colonel Prevost helps train other dogs through people she has met through Major Knolmayer.

Colonel Prevost said she has had an interest in dog mushing for several years, and started helping a civilian nurse she worked with a few years ago. When she found out Major Knolmayer needed help, she jumped at the opportunity.

Major Knolmayer was the only active-duty military member to enter the 2005 Iditarod sled dog race, and hopes to compete this year.

The Knik 200 follows marked trails from Knik Lake to the New Skwentna Roadhouse and back, with a mandatory six-hour layover at the New Skwentna Roadhouse. Colonel Prevost finished 31st out of 51 participants, with a time of 29 hours, 5 minutes and 51 seconds. Major Knolmayer finished 23rd with 25:43:25

Editor's Note: Tech. Sgt. Keith Brown, 3rd Communications Squadron, contributed to this story.



PHOTOS BY TECH. SGT. KEITH BROWN

Elmendorf tests emergency response

By Senior Airman Jared Marquis
3rd Wing Public Affairs

Arctic Warriors responded to their first Emergency Management Exercise of 2006, Jan. 6. EME replaces the Full Spectrum Treat Response program.

“The purpose of an EME is to provide required knowledge and skills to plan and prepare for, mitigate the effects of, respond to and recover from an emergency management event,” said Senior Master Sgt. David Hudson, superintendent of the installation exercise program.

The major objectives of this EME were to:

- 1) Exercise and evaluate the wing’s notification, response, withdrawal, and recovery from Force Protection Condition Delta resulting from terrorist activities
- 2) Exercise and evaluate the wing’s ability to internally validate command and control under the Air Force Incident Management System to meet the first objectives, and
- 3) Evaluate plans and inspections and the Exercise Evaluation Team’s

ability to plan, organize, execute, evaluate and report on a EME under an accelerated timeline.

Sergeant Hudson said the scenario, which involved a domestic terrorist using a radiological “dirty bomb” against a military installation in Alaska, was chosen to test the wing’s ability to react to intelligence information, driving increased FPCON measures using AFIMS.

In the scenario, law enforcement officers raided a house suspected of being used to manufacture drugs, and came across plans to use the bomb in an attack on a military installation. Once notified of the situation, Elmendorf members began responding to the threat by implementing FPCON measures.

The 3rd Security Forces Squadron issued a Be-On-the-Lookout bulletin for the suspect, who was apprehended by security forces members shortly after delivering the “dirty bomb” to the back of the Alaskan Command Headquarters building in a personal vehicle. According to the “terrorist,” he made it through the gate about a minute before

the gates were closed.

Once he was apprehended, 3rd SFS called for members of the 3rd Civil Engineer Squadron’s Explosive Ordnance Disposal Flight and other emergency personnel.

EOD arrived on scene and sent in its “Andros Wolverine” six-wheel drive robot, which held an ADM-300 Multifunction Survey Meter which was used to detect any radiological substances in the air. Once it was determined whether or not there were any radiological substances present, EOD took the proper precautions to safe the bomb. When EOD had determined it was safe, the 3rd Aerospace Medicine Bioenvironmental Services was called in to examine any further hazards.

Sergeant Hudson added that the exercise did not just happen, preliminary planning required all of the plans and inspections flight and the Exercise Evaluation Team chiefs. It also required planning inputs from the Air Force Office of Special Investigations, Alaskan Command and the U.S. Army Alaska and took several months of planning.



Clockwise from top right: The 3rd Civil Engineer Squadron Explosive Ordnance Flight’s six-wheel drive “Andros Wolverine” robot, uses an ADM-300 Multifunction Survey Meter to determine if there are any radiological substances coming from the terrorist’s car.

Senior Airman Eliezer Costa, 3rd Security Forces Squadron, subdues the suspected terrorist. The “terrorist” beat the Elmendorf gate closure by approximately a minute.

The suspected “dirty bomb,” transported by the terrorist in a personal vehicle.

An Airman unpacks and inspects the AMD-300 meter.

Staff Sgt. David Lantz, 3rd CES, places an AMD-300 in the hand of a six-wheel drive “Andros Wolverine” robot.



PHOTOS BY SENIOR AIRMAN JARED MARQUIS



Services Eaglet

“Telling the Services Story” in daily activities and special events for the Elmendorf community



We’ve moved to the old Commissary across from the People Center
The Fitness Center is now in the temporary location and open for business!



Weekdays 4:30 a.m.-11 p.m.
Saturdays and Sundays 9 a.m.-6 p.m.
Holidays and Down Days 10 a.m.-6 p.m.

**CATCH ALL THE
SUPER BOWL
ACTION
AT THE KASHIM CLUB**

**11 a.m.
Feb. 5**

Watch the game on
the big screens and
enjoy food, fun and prizes

Live Responsibility AA Members First
AF SERVICES CLUBS USAP SERVICES
No federal endorsement of sponsors intended

Football Frenzy

VIVA KASHIM FIESTA

6 p.m.
Jan. 27

Fiesta Food Stations
Play Games
Win Prizes
Kashim Club



Arctic Oasis COMMUNITY CENTER

Spend your leisure time learning something new
Yoga - Tuesdays and Thursdays (ages 13 and older)
Hula - Fridays (ages 4 and older)
Hip Hop and Jazz - Saturdays (ages 4-18)

Today
RC (Rajun Cajun DJ) 9 p.m.-3 a.m., 18 and older, Kashim Lounge, 753-6131
Night Hoops 8:45-11:30 p.m., Young Adult Center, 753-2371
Taco Bar free food for club members 5-6 p.m., Kashim Lounge and The Cave, 753-3131
“Broke After New Year Special” 11 a.m.-3 p.m., 25 cents per game, Polar Bowl, 552-4108
“Warm Up Anchorage” 6-8 p.m., learn to crochet and then donate crochet squares to local shelters, Arts & Crafts Center, 552-7012
Southern Barbecue Buffet 5:30-8:30 p.m. \$8.95 Members First price, \$11.95 regular price, children 6-12 eat for \$4.50, 5 and under free, Susitna Café, 753-3131

Saturday
Hillberg Ice Fishing Tournament noon-4 p.m. at Hillberg Lake, Outdoor Recreation, 552-2023
DJ with House Band 7:30-11:30 p.m. at The Cave in partnership with the Young Adult Center, 753-2371
Xtreme Bowling 9 p.m.-1 a.m., \$18 per person including shoe rental, Polar Bowl, 552-4108
Kids Corner “Ceramic Painting” 1-3 p.m., \$15 per course, ages 3-10, wear an old paint shirt and a great big smile, Arts & Crafts Center, 552-7012
Karaoke 9 p.m., Kashim Lounge, 753-6131
Stamp Exchange 10:30 a.m.-1:30 p.m., \$10, bring old, good stamps to have fun stamping and exchanging, refreshments provided, Arts & Crafts Center, 552-7012
Family Day Out at the Craft Shop 11 a.m.-3 p.m., \$35 per family, R.S.V.P. to Arts & Crafts Center, 552-7012
Water Color Painting 11 a.m.-3 p.m., Wednesday and Jan. 21, \$35 plus supplies, receive \$10 gift certificate toward supplies,

limited to four people, Arts & Crafts Center, 552-7012
Oil Painting 11 a.m.-3 p.m., \$45 per day, 16- by 20-inch canvas is required, Arts & Crafts Center, 552-7012
Surf-n-Turf Specials 5:30-8:30 p.m., Susitna Café, 753-3131
Pottery-Sculpting and Hand Builders Club meets 10 a.m.-2 p.m., Arts & Crafts Center, 552-7012

Sunday
Beginner Cross-Country Ski Lessons, 1 p.m., \$5 or free if you purchase skis or rent them for the season, Outdoor Recreation, 552-2023
Family Xtreme Bowling 1-8 p.m., \$30 for up to six bowlers, shoe rental, one lane for two hours, two pitchers of soda and popcorn, Polar Bowl, 552-4108
Football Frenzy 8:30 a.m., adults only, must be club members to win prizes, Kashim Club, 753-6131
Sunday Brunch 10:30 a.m.-2 p.m., \$16.95 Member First price, \$19.95 regular price, \$7.95 for children 6-12, 5 and under free, senior airmen and below receive a 25 percent discount with their club card, Susitna Café, 753-3131
Alyeska Ski Trip 8 a.m.-7 p.m., \$49 with equipment, \$37 without equipment, \$10 transportation only, Information, Tickets & Travel, 753-2378

Monday
Hillberg Ski Area open noon-9 p.m., 552-4838
Martin Luther King Holiday Special noon-9 p.m., \$2 per game, Polar Bowl, 552-4108
Martin Luther King Jr. Birthday Lunch 10:30 a.m.-1 p.m., for authorized users, view the menu at visit www.elmendorfservices.com, Iditarod Dining Facility, 552-2528

Tuesday
Bowler Appreciation Night 5-9 p.m., \$1.75 per game and \$1.75 for shoe rental, Polar Bowl, 552-4108
Bowl by Mail Tournament 5-8 p.m., \$6 for three games, shoes included, ages 5-18, awards to top scores in each category, event held at the Polar Bowl, call the Youth Center for details, 552-2266
Tang Soo Do Martial Arts Classes, assorted times for ages 3 to adult, Youth Center, 552-2266

Wednesday
New Parent Orientation 9:30-10:30 a.m., Child Development Centers
Lunch & Learn “Effects of Deployment on Children” 11:45 a.m.-12:30 p.m., Sitka CDC, 552-6403
Bowl by Mail Tournament 5-8 p.m., \$6 for three games, shoes included, ages 5-18, awards to top scores in each category, event held at the Polar Bowl, call the Youth Center for details, 552-2266
Wednesday Night Madness 5-9 p.m., \$18 per lane up to five bowlers, shoes not included, Polar Bowl, 552-4108
Framing Class 5:30-9:30 p.m., \$45, bring 8 1/2- by 11-inch or smaller picture, Arts & Crafts Center, 552-7012
African-American Couple Sculpture in Ceramics 6:30-9 p.m., Wednesday and Jan. 25, \$38.25, Arts & Crafts Center, 552-7012

Thursday
Red Pin Bowling 5-9 p.m., get a red head-pin strike and receive a free game, Polar Bowl, 552-4108
Morning Coffee Conversation 10:30 a.m. book club for spouses of deployed members, Arctic Oasis, 552-8529
Free Hotdog with purchase of all-hill lift ticket, \$8, Hillberg Ski Area, 552-4838

Movie Schedule

Today	7 p.m.	R
Derailed Advertising executive Charles is just another Chicago commuter who regularly rides a train to work. But the one day he misses his train and meets Lucinda, his life is changed forever. Despite the fact that each are married with children, their attraction to one another is magnetic.		
Saturday	2 and 7 p.m.	PG-13
Harry Potter and the Goblet of Fire In his fourth year at Hogwarts, Harry is selected under mysterious circumstances as a contestant in the Triwizard Tournament, Harry must compete against the best young wizards from schools all over Europe. But as he prepares, signs begin to point to the return of Lord Voldemort. Before long, Harry is playing not just for the cup, but for his life.		
Sunday	7 p.m.	PG-13
Walk the Line He picked cotton, sold door to door, and served in the Air Force. He was a voice of rebellion that changed the face of rock and roll. An outlaw before today’s rebels were born - and an icon they would never forget. He did all this before turning 30. And his name was Johnny Cash. “Walk the Line” explores the early years of the an artist who transcended musical boundaries to touch people around the globe.		
Adults: \$3.50 Children: \$1.75 Movie Recording Line: 552-2344 Movies subject to change. For other movie listings and synopsis log on to www.aafes.com/ems/pac/elmendorf.htm .		



PHOTO BY STAFF SGT. SUELLYN NUCKOLLS

Airman 1st Class Christopher Cargill

Organization and duty title: 90th Fighter Squadron life support journeyman
Hometown: Drumright, Okla.
Hobbies: Hunting, fishing and spending time with my children
Mission contributions: By producing safe flying equipment for air crew ready to go at all times.
Time at Elmendorf: Two years, seven months
Time in the Air Force: Three years
Best part about being in Alaska: The summer
Quote from Supervisor: “His contributions to aid the 19th Fighter Squadron Life Support Shop during manning shortages will overall help to improve the 3rd Wing Life Support Program.” Tech. Sgt. Jason Burnside



PHOTO BY AIRMAN 1ST CLASS GARRETT HOTHAN

Tech. Sgt. Rocky Buchanan

Organization and duty title: 611th Civil Engineer Squadron utilities systems craftsman
Hometown: Ft. Stockton, Texas
Hobbies: Golf and mountain biking
Mission contributions: Provides maintenance, repairs, and minor construction projects for 11th Air Force at two forward-operating locations, one air station, and 39 remote radar and communication sites in Alaska.
Time at Elmendorf: One year three months
Time in the Air Force: 17 years
Best part about being in Alaska: Visiting many sites in the state that people pay to see and going to remote areas many people never get to see.
Quote from supervisor: “His quiet, yet staunch determination bodes well in accomplishing our unique mission requirements. His leadership and work ethics were instrumental in completely abating and demolishing 12 buildings at Eareckson Air Station, saving the Air Force \$2.5 million.” Senior Master Sgt. David Blais

View from the top

By Capt. Tony Wickman
71st Flying Training Wing Public Affairs

- Across
1. Fringe

4. Cable movie channel

7. Swab

10. Fancy mushrooms

11. “Law & Order” actress Elisabeth

13. Undoing

14. Rope plant

15. Car racing league

16. Singing voice

17. Dab

18. Banister

20. Anger

21. Quaff

23. Tense

24. Air Force Materiel Command commander

26. Wane

27. Air Force Intel org.

30. Approves

31. Atlantic Ocean sea in northern Europe

33. Mocked

36. Forget
37. Brook

40. Neither’s partner

42. Bad review

43. Unused

45. Air Force Reserve Command commander

49. ____ Domini

50. Hearing instrument

51. Western Saharan river Rio de ____

52. Roman garb

55. Lullaby

57. Mork’s home world

58. Grad

59. Obstruct

60. Lake transport

62. Air Combat Command commander

63. Zeus’ wife

64. Dutch colonist in South Africa

65. Goddess of the dawn

66. Boat handling term

67. Cunning

- Down
1. Pacific Air Forces commander

2. Federal environmental organization

3. Singer Torme

4. Rose

5. Beetle Bailey’s Walker

6. Mass. politician Rufus

7. West Africa country

8. Atop

9. Slave

10. 1, 2, Step singer

12. Air Mobility Command commander

13. Thai currency

14. ____ and Span cleaner

19. Guantanamo Bay home

21. Question

22. ____ Angeles

25. Deposit

27. Cash machine

28. 3, to Julius Caesar

29. Perform

32. Air Force Space Command commander

33. Cleo killer

34. School org.

35. Sea bird

38. Actress Heche

39. Person having admirable characteristics

40. Gun lobby

41. Paddle

44. Air Force Special Operations Command commander

45. Panhandler

46. Air Education and Training Command commander

47. Mistake

48. Coupling

49. Item for 45 Down

52. Grab

53. Margarine

54. ____ and Dolls

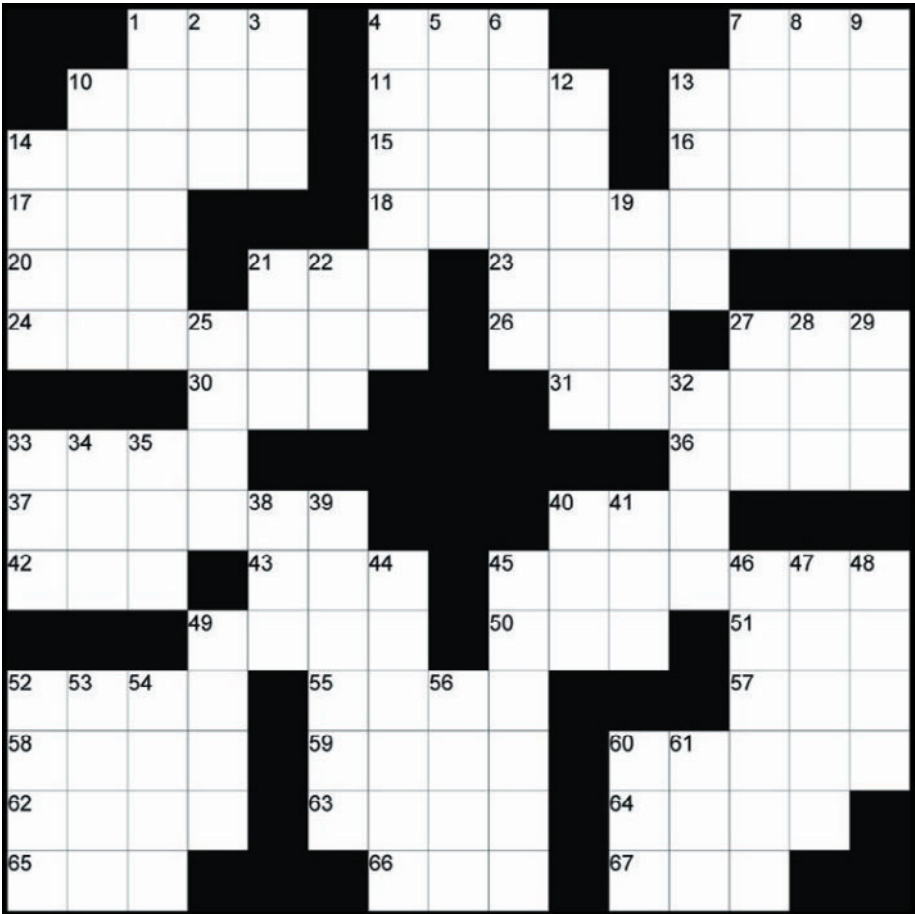
56. “Northern Lights” writer Roberts

60. NBC rival

61. Earthlink competitor



Jan. 6 solutions





Ice Eagles offer options for hockey

By Senior Airman Jared Marquis
3rd Wing Public Affairs

With the recent success of the Alaska Aces, not to mention the popularity of hockey in Alaska, its no surprise to find two Elmendorf teams competing in the Anchorage Adult Hockey League.

The Novice and Advance C Elmendorf Ice Eagles are made up of mostly military and military-affiliated people, with some civilians, and range in experience from people who have been playing hockey for more than a decade to those who just started.

“I have been a huge hockey fan since I was a teenager,” said Michael Buzinski, 3rd Operations Support Squadron, know as “Buzz” to the team. “A co-worker in my section told me I should join the team. I had never even ice skated before, but I went to [a local sports

store] and bought all the gear. It took awhile, but I caught up,” he said.

Ron Horn, 3rd Communications Squadron, and co-captain of the Novice team, has been playing for 12 years. He said he started playing roller hockey with some friends, but soon made the transition to the ice.

“It was hard to make the transition from roller blades to ice skates,” he said. “But, so far, I love it. The community and hockey are amazing up here.”

The Ice Eagles are part of the AAHL, and play about once a week, year-round. They practice whenever they get the chance.

“Ice time is expensive and there are a lot of hockey teams in Anchorage,” said Ryan Hill, U.S. Public Health Service and Novice team co-captain. “Because of that, we don’t get to practice as often as we like.”

In the past, the Ice Eagles have had an agreement with Mt. Spurr Elementary School, which is located on base, to maintain their rink in exchange for hockey time, but have been unable to round up enough volunteers this year.

Because it takes so many people to maintain the rink, John Hatch, 3rd Component Maintenance Squadron and captain of the Advance C team said, “Right now there are no plans to fill Mt. Spurr but if we can generate enough interest in it and get enough volunteers, we could pursue that.”

This would benefit base members because, “Anyone that lives or works on base could use it,” he said.

In the past, the Ice Eagles have had enough players to field three teams, but with people relocating, participation has dropped off. However; there are still options for anyone interested in playing.

“We are now in the winter session and the rosters freeze on Feb 1. That means if anyone wants to join, they would have to let me know before then,” said Mr. Hill. “We currently have 17 players on the roster and can have up to 20. So, we would be willing to take three more players.”

The Advance C team is full for the winter session, but invites players to come out and practice for future sessions.

“If other people are interested in



PHOTO BY SENIOR AIRMAN JARED MARQUIS

Shawn Plew, 36, of the Novice Elmendorf Ice Eagles, watches a defender during the Ice Eagles 4-1 loss to Heavy Metal Monday.

joining the Ice Eagles hockey club, they could skate with us and then we would make the determination on what team they would be best suited to play on Novice, Advanced C or if we have enough players, an intermediate team,” said Mr. Hatch. “We can form as many teams as we want each session so long as we have enough players,” he said.

The Advance C Ice Eagles will have practice at 4 p.m. Sunday at the Tesoro Sports Center, located at 11111 O’Malley Center Dr. and invites anyone interested in playing to come out and skate with the team for a small fee, which will be used to help pay for ice time said Mr. Hatch.

Both teams have a .500 record so far this year, with the Advance C team sporting a record of 1-1-0 and the Novice team sitting at 2-2-1, suffering a loss to Heavy Metal by a score of 4-1 Monday.

For information, or to volunteer to help with the Mt. Spurr ice rink, contact Mr. Hill at 729-3799 or Mr. Hatch at 552-3194.



PHOTO BY STAFF SGT. SUELLYN NUCKOLLS

David Dejllean, 23, makes a save during a game against the Killer Bees. Dejllean, U.S. Army Alaska, is one of many military members who plays on the Advance C team of the Elmendorf Ice Eagles. The Killer Bees downed the Ice Eagles 3-2 Sunday.

Sport Shorts

Fitness Center

The Fitness Center reopened Wednesday at its temporary location in the old Commissary building across from the People Center.

In addition to the current fitness equipment, the facility will have a massage room, a spinning room, a small, carpeted group exercise room and men’s and women’s locker rooms.

Besides the temporary facility, there are several other workout options. One option is the Ft. Richardson Fitness Center whose basketball courts will be available in the mornings on a first-come, first-served basis.

Other fitness options include: the Ft. Rich swimming pool, the Arctic Oasis, the dorms, the Youth Center and, for those who have access, mini-fitness centers located at the 381st Intelligence Squadron, Combat Alert Cell, Base Hospital, 19th Fighter Squadron, Fire Station One, 703rd Aircraft Maintenance Squadron and the 90th Fighter Squadron.

The temporary Fitness Center is open 4:30 a.m.-11 p.m. weekdays, 9 a.m.-7 p.m. Saturday and Sunday and 10 a.m. to 6 p.m. holidays and wing down days.

For information, call the Fitness Center at 552-3504.

Indoor soccer coaches needed

The Youth Center needs coaches for the Indoor Soccer League. Play will begin Feb. 13 and runs until April 13. Practices are expected to start the last week in January. Coaching certification classes begin at 6 p.m. Wednesday and Thursday.

For information, call 552-2266.

Hillberg Ski Area

Hillberg is open for skiing and snowboarding. Conditions are good with hard packed, groomed trails.

For information, call 552-4838.

New fishing license and base stamp

A new fishing license and base stamp are required as of Monday to fish in Elmendorf lakes. Also, no juvenile salmon can be kept if caught in Upper or Lower Six Mile Lakes.

Proper identification is required to distinguish juvenile salmon from rainbow trout; an information sheet will be provided when a new base stamp is obtained.

For information, call 552-1742.